

Protect your **Heart.** **Preserve** our nation.



**Know the symptoms
of heart attack and
Save Your Life!**

MEN

- Chest pressure, pain or discomfort
- Pain in arms neck, jaw or stomach
- Sweating or nausea
- Shortness of breath

WOMEN

- Fatigue
- Anxiety
- Nausea
- Shortness of breath
- Chest pressure or discomfort
- Pain in arms, neck, jaw or stomach

***If you, or someone you know, experience these symptoms,
call 9-1-1 immediately!***

For more information about the symptoms of heart attack and for lifestyle choices that may decrease your risk for heart attack, talk to your healthcare provider or call 1-800-AHA-USA1 (1-800-242-8721) or visit americanheart.org.